

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

CONTACT US

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If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.
আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔
Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫
Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.
Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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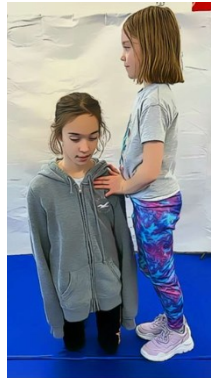
Oxford Health
NHS Foundation Trust



Children's Community
Physiotherapy Service

Body Awareness
Level 3

Statues: While standing with your eyes closed, try not to be moved by someone else.



Play a game of tug of war.



Sit on the floor with your legs straight in front of you and hold a ball with both hands. Move forwards by shifting your weight from left to right.



Lie over a gym ball on your front and rock forwards and backwards.



Complete an obstacle course climbing over and crawling under things as quickly as you can.

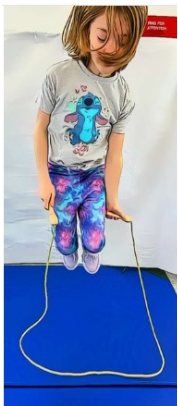
Bunny jumps: With your hands on the bench, jump from one side to the other over the bench. Keep your feet together as you land.



Play a game of musical statues.



Try to walk forwards with your arms out in front of you whilst your partner pushes against your hands.



Skipping with a rope.



Lunge forward without letting your knee touch the floor, twist your body to reach one hand up towards the sky. Can you look up at your hand?

Can you draw a circle in the air with one hand and a triangle with the other.

